

Eastern Idaho Chronic Disease Coalition

December 12, 2018

12:00 pm – 1:00 pm

EIPH
1250 Hollipark Drive, Idaho Falls

Attendees: Leslee Blanch (U of I Extension), Morgan Nield (EICAP), Trudi Poole (EIRMC), Kaylene Craig (EIPH), Mimi Taylor (EIPH) Timalee Geisler (EIPH), Jenna Orchard (EIPH)

Minutes

Agenda item: September Meeting Recap **Presenter:** Jenna

Discussion:

Diabetes Alliance of Idaho new organizational structure. The coalition could potentially become a local chapter of the Diabetes Alliance of Idaho in the future.

The Idaho Prevents Diabetes State Action Plan is focused on increasing awareness of prediabetes and the establishment of Diabetes Prevention Programs.

Agenda item: Diabetes, Heart Disease, and Stroke Program Updates **Presenter:** Jenna

Discussion:

This is the program that funds the coalition and Jenna, Kaylene, and Timalee's positions at Eastern Idaho Public Health. Kaylene and Timalee have joined the DHDSP team to do community outreach and promotion. The purpose for community outreach and promotion is to share information and resources with organizations and events that will increase utilization of Diabetes Self-Management Education (DSME) classes, Diabetes Prevention Programs, and/or hypertension prevention and management programs. Several opportunities have already taken place such as the prediabetes article in the Fall/Winter 2018 Post Register Medical Guide, La Super Caliente Spanish Radio Show, the Community Council of Idaho Wellness Fair, etc. Kaylene and Timalee are looking to establish more partnerships in the community to accomplish outreach efforts.

Another portion of the program is clinical and community linkages. Jenna is working with two clinical sites, Steele Memorial Clinic in Salmon and Sandcreek Family Practice in Idaho Falls, to implement Blood Pressure Monitor Loaner Programs. This will be going on until June 2019.

Agenda item: Community Events and Education **Presenter:** Group

Discussion:

The group brainstormed upcoming community events and educational opportunities where either the coalition or Eastern Idaho Public Health could get involved. Morgan shared that the 3rd annual senior health and safety fair is happening May 11th, 2019 11:00-3:00 at the College of Eastern Idaho. Registration is open for sponsorships (\$500) and vendors (\$250-for profit, \$150-nonprofit). It is free to the community, and about 200 people attended last year.

The EIRMC heart health fair will happen sometime in February. Walk to End Alzheimer's happened in September at Snake River Landing with over 1,000 attendees. The potential reach is significant at that event. Challis has an annual health fair during one of the summer months. There is a greater push to serve all counties in Eastern Idaho rather than just Bonneville County. Apple Athletic Club has a wellness fair in March that is open to the community along with members of Apple. It is very well attended, and in previous years they have had several medical providers attend. Harvest Fest and Ag Fest both happen in the fall. The Farmers Market may be a good option to promote nutrition like the DASH Diet.

If anyone is interested in writing up a short article about physical activity or nutrition, the Post Register is publishing a Health and Fitness Guide early next year. The deadline to submit your article is January 14th. Contact Mimi Taylor, Public Information Officer at Eastern Idaho Public Health, for more details: Mimi_Taylor@eiph.idaho.gov

Agenda item: New Data Presentation

Presenter: Jenna

Discussion:

Jenna compared BRFSS data for diabetes from 2015 to 2016. The statewide prevalence of diabetes went from 8.1% to 8.9%. The prevalence of diabetes in Eastern Idaho went from 8.8% to 9.8%. County-specific data from the CDC was also analyzed, Lemhi County having the highest percentage of people with diabetes at 12.1%. Madison and Teton County percentages are rather low at 5.5% and 6.0%.

Agenda item: Resource Sharing and Networking

Presenter: Group

Discussion:

Trudi – Inpatient diabetes educator at EIRMC. If a patient has an A1C over 8 or blood glucose over a specified value, they are flagged in her system to receive some type of education or follow-up care. She looks through patients' charts and medical history then works with the doctors on more aggressive treatments and lifestyle changes as well as adjustments to medications and any other care or resources the patients might need. She can work with a diabetic or prediabetic patient as long as they are under EIRMC's care.

Morgan – Senior Services Director at EICAP. The goal is to keep seniors healthy and independent for as long as possible. They provide things like home-delivered meals, homemaker/chore services, legal assistance, respite, and transportation. There are also caregiver support groups and a new 6-week class called Powerful Tools for Caregivers. The next class will be in January. There are also grandparents raising grandchildren support groups and other information and assistance that is applicable to seniors. They currently have funding for incontinence supplies for low-income seniors and funding for disease prevention programs for those over the age of 60, such as the Diabetes Prevention Program or any other evidence-based program. Contact EICAP with any ideas of how these funds could be used.

Leslee – Dietician and Certified Fitness Instructor at the U of I Bonneville Extension. She teaches classes for the community usually at the library or Apple Athletic Club to make health and wellness information free or low cost. Her focus for 2019 is employee wellness.

Kaylene – Health Education Specialist at EIPH for physical activity/nutrition, adolescent pregnancy prevention, comprehensive cancer control, and diabetes.

Timalee – Health Education Specialist at EIPH for Fit and Fall Proof for seniors, tobacco prevention/cessation, and diabetes. EIPH offers free tobacco cessation classes. People can go online and get support through Project Filter, or they can attend classes. Call Timalee for information on classes: (208) 533-3149. She can also assist with no smoking policies and signage.

Mimi – Public Information Officer at EIPH and Health Education Specialist in the prescription drug program. Coalition members and community partners can share health-related information and/or events with her that can be posted on the Facebook page. Send PDF or image files to Mimi_Taylor@eiph.idaho.gov

Other Information

Next Meeting:

TBD